



# The Journal

Vol. 29

No. 14

[www.dcmilitary.com/journal/](http://www.dcmilitary.com/journal/)

April 13, 2017

## Tornado Touches Down at JBAB



U.S. Navy photo by Eric Ritter



Public Health  
Week Observed  
- Page 4



MWR Hosts  
Eggstravaganza  
- Pages 6-7



Nurses Receive  
DAISY Award  
- Page 9



# Say Thanks During National Public Safety Telecommunicators Week



U.S. NAVY FILE PHOTO BY MC3 WILLIAM PHILLIPS

Sarah Leggate, an emergency dispatcher, answers a call during a shift April 1, 2016 on Naval Support Activity Bethesda.

By Ron Kunz  
NSAB Emergency Manager

There is a week set aside every year dedicated solely to show appreciation to the hard-working dispatchers of departments across the country. National Public Safety Telecommunicators Week began in 1981 and is celebrated the second week of April each year, with this year going from April 9 to April 17. This week offers a much-deserved thanks for our dispatchers who perform the most underrated and under-appreciated yet the most stressful and important job in public service. The term “dispatcher” minimizes

their actual job. A dispatcher is generally the first point of contact, the true first responder, and the unseen hero. A dispatcher’s job is a complicated one. It is exciting, rewarding, fulfilling, and becomes a way of life. It is also stressful, exhausting, thankless, and forgotten by so many. They are certified Emergency Medical Dispatchers (EMDs) trained to provide life-saving medical instructions over the telephone. As an officer conducts a motor vehicle stop, they are “running” driver/registration background checks so the officers have the most updated information available to ensure their safety. They quickly receive needed information before dispatching the

Medic and Fire Engine to a Medical Emergency. Dispatchers are a rare breed. A good dispatcher can be on a 911 call giving pre-arrival instructions, entering information into the computer, checking on an officer at a traffic stop, running a license plate, all while taking a bite of lukewarm food, craving a cigarette and wondering how their sick child is. Dispatchers prove that multi-tasking does exist, and they kick butt doing it! Show your dispatchers some love, respect and appreciation this week. Take in a flower; a piece of fruit, a card, candy, or just a heartfelt “thank you” would be wonderful. A dispatcher’s job is thankless, and they all deserve this week of recognition and honor.

## Bethesda Notebook

**Prostate Cancer Support Group**  
The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be April 20 from 1 to 2 p.m., and from 6:30 to 7:30 p.m. in the America Building (Bldg. 19), River Conference Room on the third floor. Spouses and partners are invited to attend. Military identification is required for base access to Walter Reed Bethesda. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918.

**Code White Exercise**  
There will be a Code White Exercise at Walter Reed Bethesda sometime during the week of April 24 during normal duty hours. Code White is used to notify personnel of an active shooter and to shelter-in-place. The exercise is scheduled to last no longer than 15 minutes and involve the entire hospital. During the exercise there will be not movement throughout the hospital, all hospital staff and departments will shelter-in-place, and visitors will be asked to remain where they are or may be escorted to a secure location. The exercise is being conducted to test WRB’s plans and response efforts.

**Pre-retirement Seminar**  
Two-day pre-retirement seminars open to Walter Reed National Military Medical Center’s Department of Defense GS employees planning to retire within the next five years, are scheduled for June 6-7 and Aug. 22-23. Pre-registration is required. Registration forms will be available on the National Capital Region, Medical Directorate MD website: <http://www.capmed.mil/>, and on the WRNMMC and Fort Belvoir Community Hospital banners. For more information, contact [dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil](mailto:dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil).

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher’s advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones	<u>NSA Bethesda</u>	
Public Affairs Officer: Jeremy Brooks	Fleet And Family Support Center	301-319-4087
Public Affairs Office: 301-295-1803	NSAB Emergency Info	301-295-6246
	<u>NSAB Ombudsman</u>	
	Dedra Anderson	301-400-2397
	NSAB Chaplain’s Office	301-319-4443
		301-319-4706
	<u>Installation SARC</u>	
	Priscilla DePinto	301-400-2411
	<u>Troop Command SARC</u>	
	Rosemary Galvan	301-319-3844
	SARC 24/7	301-442-2053
	SAPR VA 24/7 Helpline	301-442-8225

### Journal Staff

Managing Editor	MC3 William Phillips
WRNMMC Editor	Bernard Little
Writers	
	Andrew Damstedt
	Kalila Fleming
	Megan Garcia
	MC1 Christopher Krucke
	Joseph Nieves





PHOTOS BY ERIC RITTER

The National Weather Service reported that an EF-0 tornado touched down at Joint Base Anacostia-Bolling April 6. The storm downed trees and caused property damage.



A street sign came down after a tornado touched down at Joint Base Anacostia-Bolling.

# Tornado at JBAB Serves as Readiness Reminder

By Andrew Damstedt  
The Journal

With the tornadoes that touched down in Washington, D.C. April 6, including one at Joint Base Anacostia-Bolling, Naval Support Activity Bethesda Emergency Manager Ron Kunz is reminding people to be prepared for severe weather events.

“If we get a severe thunderstorm warning, we should also be thinking ‘tornado’ at the same time,” Kunz said. “Tornadoes are really hard to predict when they’re going to hit. Hurricanes, [National Weather Service has] down pat, that’s a five-day warning. Tornadoes can just pop out of the sky.”

While Kunz sent out an email to the emergency managers on base about the severe thunderstorm warning, he didn’t send out a mass notification because the tornado warnings issued were for areas further away from the installation. Kunz said he was tracking the storm and watching for alerts from the National Weather Service.

“We were ready to activate everything, but we didn’t see the need to do it,” he said.

The National Weather Service confirmed three EF-0 tornadoes touched down in the D.C. area



A shopping cart return was overturned after a tornado touched down at Joint Base Anacostia-Bolling April 6.

during the storm, which downed trees and caused property damage. An EF-0 tornado is the lowest rating on the Enhanced Fujita scale that estimates wind speeds based on damage.

Kunz said people should know the terminology between a tornado watch and tornado warning. A tornado watch means tornadoes are possible and people should keep their eye on the weather. A tornado warning means people should act quickly and move to a place of safety.

“If they give you a tornado warning for Bethesda, you should immediately be going for shelter,” Kunz said. “Don’t wait ... go seek shelter immediately. Those are the ones you need to pay attention to.”

Before a storm, each office should designate a place to go to if there is a tornado warning or other hazardous weather.

“Always keep in mind where the best place is — basements, storm cellars. The lowest point of the

building is best for tornadoes. If you can’t get to the basement or there isn’t a basement, then go to a small interior room with no windows,” Kunz said.

To be prepared for severe weather, Kunz said people can sign up for alerts through the installation’s Everbridge system or receive texts based alerts by texting NSABALERT or WRBALERT to 888-777.

Alert Montgomery is another avenue to receive emergency notifications, Kunz said. To sign up for those alerts go to [go.usa.gov/xXGsA](http://go.usa.gov/xXGsA).

NSAB also sends out emergency alerts through the giant voice outdoor speaker and Walter Reed National Military Medical Center can send messages via pop-up window alerts on people’s computers. Authorized government agencies can send out Wireless Emergency Alerts to people’s cell phones informing them of emergencies such as severe weather.

After the severe weather has passed, people should stay tuned for updates from local officials, check-in with family and friends through texts and/or social media, watch out for debris and downed power lines, photograph damage to property, and stay out of damaged buildings.



# Walter Reed Bethesda Observes National Public Health Week

By Bernard S. Little  
WRNMMC Public Affairs

Walter Reed Bethesda observed National Public Health Week with a “Walk and Talk with a Public Health Professional” event April 7 on the track in front of the Tower and in the building’s rotunda at the medical center.

This year, National Public Health Week was celebrated April 3-9, the 20th year for the observance. This year’s theme focused on the U.S. becoming the “Healthiest Nation in One Generation” – by 2030.

Army Lt. Col. Tina Streker, chief of Preventive Medicine/Public Health Nursing Service at Walter Reed National Military Medical Center, explained focus during the National Public Health Week is designed to “protect and improve our health [while encouraging people to] take part in wellness activities.”

Prevention is key, and those who work in preventive medicine and public health try to prevent people from getting sick or injured in the first place, and promote wellness by encouraging them to engage in healthy behaviors, Streker explained.

In addition to a walk around the track in front of the Tower, WRNMMC’s observance included tables set up in the building’s rotunda providing information concerning wellness and community health.

Jim Kostka, of Radiation Safety at WRNMMC, staffed one of the tables explaining the benefits of irradiation, or the process by which an object is exposed to radiation for safety and health reasons. He said certain foods are exposed to radiation to preserve or purify it, and reduce the risk of food borne illness and bacteria, diseases and pests.

“A patient is hit with an X-ray beam and is exposed to radiation, but the patient isn’t contaminated,” Kostka explained because of the low dose of exposure.

On April 6, legislators introduced resolutions in both houses of the U.S. Congress in support of National Public Health Week, urging greater support for public health. The resolutions recognized the efforts of public health professionals in preventing disease and injury and the role of public health in improving health across the nation. It also encouraged strengthening the public health system and increasing efforts and resources to



PHOTO BY BERNARD S. LITTLE

**Members of the Walter Reed Bethesda community and canines in the dog therapy program participate in a health walk on the track in front of the Tower April 7 as part of the medical center’s National Public Health Week observance.**

help create a healthier nation.

The House resolution stated, “... despite being one of the wealthiest nations in the world, the United States ranks below many other economically prosperous and developing countries with respect to measures of health, including life expectancy and the rate of infant mortality.”

It added, “...the life expectancy for the United States population declined for the first time in more than two decades, and the leading causes of deaths are among the most common, costly, and preventable of all health problems.”

Congress members explained adults smoking cigarettes in the United States, the leading cause of preventable disease and death in the United States, account for more than 480,000 deaths annually, and opioid-involved deaths have more than quadrupled since 1999. They encouraged the public to become more involved in the health of their communities and its people.

For more information about Preventive Medicine/Public Health Nursing Service at WRNMMC, call the clinic at 301-400-0075.



PHOTO BY BERNARD S. LITTLE

**Jim Kostka (left), of Radiation Safety at Walter Reed Bethesda, uses a device to measure the amount of radiation in an object. He explained to service members and staff at the medical center how radiation is safely used to treat foods to kill bacteria, disease and pests during an event April 7 in the Tower at Walter Reed Bethesda in recognition of National Public Health Week.**



# Army, Navy Medical Corps Chiefs Host Forums at Walter Reed Bethesda

By Bernard S. Little  
WRNMMC Public Affairs

Readiness, outcomes, and a balanced force to conserve the fighting strength were common themes discussed by chiefs of the Army Medical Corps and Navy Medical Corps during separate forums held April 5 and 6 at Walter Reed National Military Medical Center.

Army Maj. Gen. (Dr.) Brian Lein, AMC chief, and Navy Rear Adm. (Dr.) Paul Pearigen, NMC chief, agreed to fight and win the nation's wars, military medicine must be ready and able to support warfighters.

Speaking with the WRNMMC staff April 5, Lein said Army medicine needs to be better balanced in order to meet its readiness priority.

"We've been focused a lot on the provision of health care, perhaps at the detriment of readiness, which is the No. 1 priority of our Chief of Staff of the Army [Gen. Mark A. Milley] and Army Surgeon General [Lt. Gen. Nadja Y. West]," he stated.

"The times we are in now compel us to have that readiness focus in what we do, particularly at what we do in uniform and how our Military Treatment Facilities support readiness," said Pearigen to the WRNMMC staff April 6.

The admiral added Congress wants less variation between the armed services, as well as less variation between MTFs concerning the delivery of care and cost. In addition, there are calls for less headquarters overhead, better access to care for beneficiaries and increased focus on operational issues impacting the warrior fighter and combat readiness.

Lein explained this will require Army medicine to



PHOTO BY BERNARD S. LITTLE

**Army Maj. Gen. (Dr.) Brian Lein, chief of the Army Medical Corps, discusses readiness and other issues during a forum at Walter Reed National Military Medical Center April 5.**

better balance it personnel and equip providers to perform battlefield medicine.

"Medics and corpsmen need to be doing things to prepare them to work in the dirt, mud, sand, afloat or elsewhere where we will be needed," Pearigan said. This is also important for physicians and nurses, he added.

The general explained air superiority has allowed the military to be successful evacuating casualties off the battlefield and to fix MTFs for higher levels of care

with a record number in survivals during any war, but he said the armed services must be prepared for future conflicts with pro-longed treatment and care "much further forward." He said military medicine must be prepared to push resuscitative teams, critical care nurses, advanced-care medics, anesthesia-care providers and advanced-care corpsmen further down the battlefield with more capabilities and innovation.

Lein said it's the 68 Whiskies (combat medics) who save service members on the battlefield, and they must be allowed to "work to the maximum of their credentials" in providing patient care to maintain their proficiencies while they are assigned to WRNMMC and other fixed MTFs before they deploy. He stated they must be trained and ready "to go into harm's way tomorrow" to care for service members injured in combat.

Science and technology drive some of the changes in health care, but what is done at the patient's bedside, or virtual bedside, won't change that much, Pearigan added. He explained focus must be on what is convenient for the patient and produces outcomes that matter, rather than "generating a [log] of activity, tests, procedures and diagnoses. We have to focus on value in health care with outcomes as the numerator and cost as the denominator."

Lein added the outcome that matter most is how military medicine affects the care of the patient, and not the numbers of times the patient is seen by a provider, or the number of providers within the MTF the patient is seen by for care.

Pearigan said outcomes that matter in military medicine also concern those impacting the warrior fighter. "Outcomes of our efforts that matter [is] a medically-ready, fit, and healthy force [able to] stay on the job," the admiral concluded.

## 124 Years of Navy Leadership on Display

By Kalila Fleming  
WRNMMC Public Affairs

Walter Reed Bethesda celebrated the 124th birthday of the U.S. Navy's chief petty officer on April 5 in Memorial Auditorium. The celebration kicked off with a discussion panel called "Ask the Chief" which included seven chiefs and one junior Navy officer who previously served as a chief. The panel answered questions ranging from lifestyle to professional development, and offered advice regarding how to achieve the chief's rank. Chief Hospital Corpsman Derek (Allan) Habertzettl offered the following advice: "...Celebrate your victories because it may not be very long before you learn your next lesson."

President Benjamin Harrison established the rank of chief petty officer on Feb. 23, 1893, when he signed General Order 409. The new rank, the seventh enlisted rate in the U.S. Navy, became effective April 1, 1893.

According to Navy officials, chief petty officers serve a dual role as both technical experts and as leaders, with the emphasis being more on leadership as they progress through the CPO pay grades. The U. S. Navy and the U.S. Coast Guard are distinct among the U.S. Armed Forces in that promotion to the pay grade of E-7 traditionally has involved a season of specialized activities known collectively as "initiation," "orientation," "induction," or most recently, "CPO 365 Phase II."



PHOTO BY KALILA FLEMING

**Naval Medicine Professional Development Center Command Master Chief Theophilus Marsh speaks during an "Ask the Chief" panel at Walter Reed Bethesda, April 5.**





MWR Hosts 2017

# Eggstravaganza

**Photos by MC3 William Phillips**  
Morale, Welfare and Recreation (MWR) hosted the 2017 Eggstravaganza for children and family at the MWR Sports Complex on Naval Support Activity Bethesda April 8. The Eggstravaganza included food, games, entertainment and an Easter egg hunt.





# WRNMMC Salutes Extraordinary Nurses

By Bernard S. Little  
WRNMMC Public Affairs

Emotions came to the surface as Navy Capt. Valerie Morrison, director of nursing services at Walter Reed Bethesda, read a recent letter from a patient nominating Barbara Ganster for the February 2017 DAISY Award for Extraordinary Nurses at the medical center.

“This nurse is one of the quiet heroes of Walter Reed, working diligently in the Breast Care Center, putting back the pieces of breast cancer patients’ lives. She is the very epitome of a compassionate, caring nurse. This nurse gives of herself selflessly, going above and beyond to meet the needs of every patient. This nurse laughs with us, coordinates our countless medical appointments, advocates for the best possible treatment options, and cries with us when the going gets tough, and in this job, the going often gets tough. This nurse has profoundly touched the lives of so many Breast Care Center patients. This nurse is a true hidden gem of Walter Reed,” the patient wrote.

As Morrison read the letter, many in attendance were moved to tears during the presentation of the DAISY Award to Ganster in March at the John P. Murtha Cancer Center of Excellence Breast Care Center.

Ganster was one of three nurses Walter Reed Bethesda recognized with DAISY awards for the first quarter of 2017. Army Pfc. Nicholas Gray, of 7 West, and Ensign Tatiana Jungerman, of 5 West, earned the DAISY Awards for January and March respectively. Each presentation took place at the



PHOTO BY BERNARD S. LITTLE

**Barbara Ganster cries and receives a hug after her nomination is read and she received the February 2017 DAISY Award for Extraordinary Nurses at Walter Reed Bethesda.**

honoree’s work area.

The DAISY Award for Extraordinary Nurses is recognizes nursing excellence at the facility which has the program. Currently there are more than 2,500 health-care facilities in all 50 states and 15 other countries honoring nurses with the DAISY Award. The recognition began in 1999 in the memory of J. Patrick Barnes, who died earlier that year at the age of 33 from Idiopathic Thrombocytopenic Purpura (ITP), an autoimmune disease. DAISY is an acronym for Diseases Attacking the Immune SYstem.

“We created the DAISY Award for Extraordinary Nurses and piloted the program [at a health-care facility in Seattle, Washington] whose nurses cared

for Patrick during the last weeks of his life,” stated his father, Mark Barnes, on the program’s website. “Our goal was to ensure that nurses know how deserving they are of our society’s profound respect for the education, training, brainpower, and skill they put into their work, and especially for the compassion with which they deliver their care.”

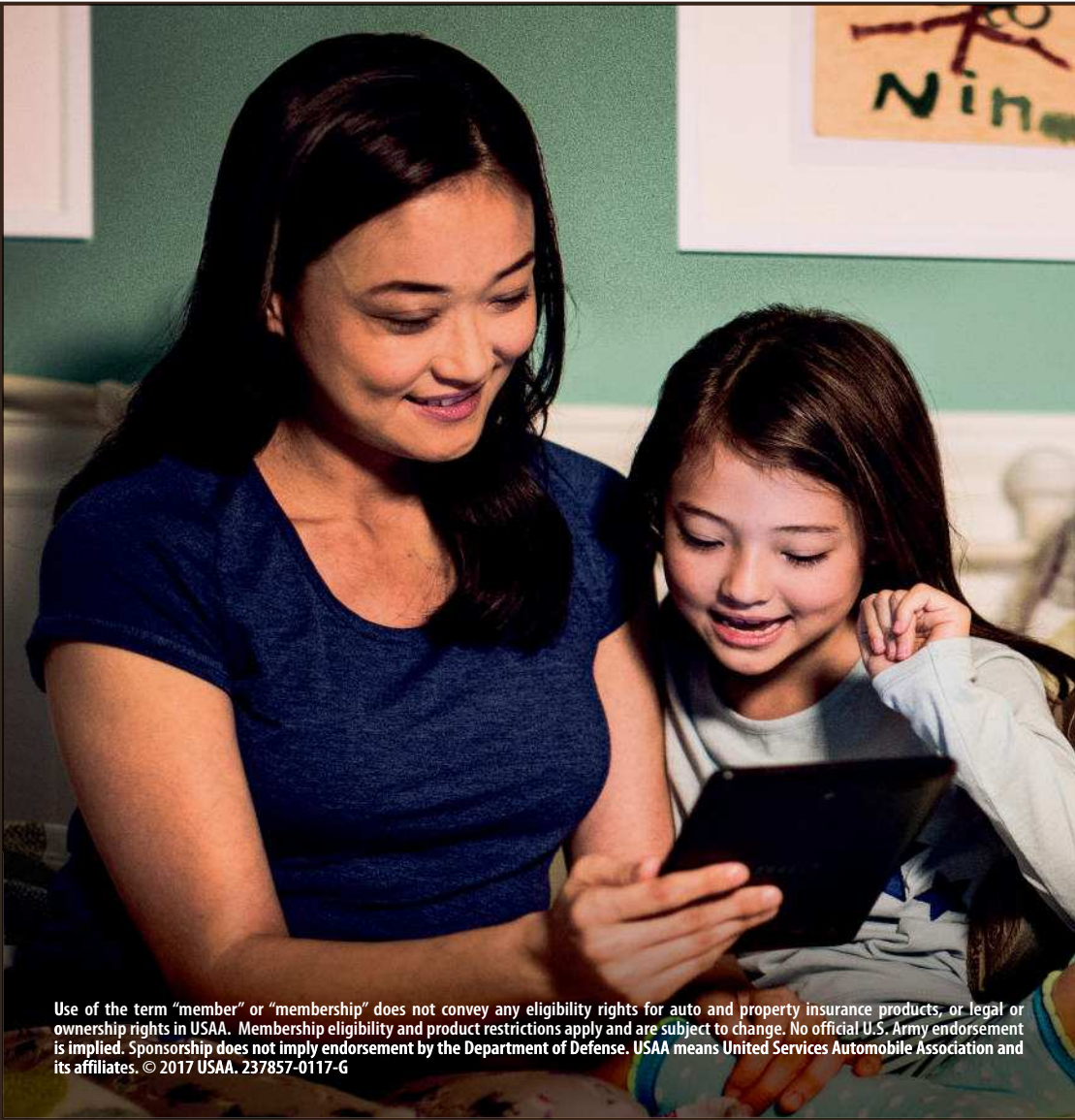
Gray, a mental health specialist at Walter Reed Bethesda who earned the January DAISY Award, is from Harford County, Maryland. “I was very fortunate to be stationed so close to home,” he said. He’s been working at WRNMMC since May 2016.

“I enjoy serving others,” Gray added. “I try to treat patients like I would a guest in my own house, not just for their sake, but because I’m sure their families appreciate that someone is looking after their loved ones.”

“Pfc. Gray can be described as jovial, comforting and excited each and every day,” stated Army Staff Sgt. Zachary McGee, noncommissioned officer-in-charge of 7 West. “His most positive work trait would be his ability to connect with the patients, and due to our mission, having an innate sense of developing therapeutic rapport, is very important,” he added.

Nominated for the DAISY award by a fellow staff member, the nominator stated of Gray: “Since this nursing team member began working on unit, he has completely gone above and beyond for all of our patients. This team member comes to work every single day with a level of enthusiasm that is unparalleled. He not only completes his assignments throughout the day,

See **NURSES**  
Page 9



  
**WE UNDERSTAND  
THE CHALLENGES OF  
BEING AWAY FROM  
HOME.**

USAA’s Deployment Guide gives you and your family the tools you’ll need before, during and after your deployment.

FOR MORE MILITARY MEMBER BENEFITS,  
VISIT [USAA.COM/SERVING](https://www.usaa.com/serving).



Use of the term “member” or “membership” does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. No official U.S. Army endorsement is implied. Sponsorship does not imply endorsement by the Department of Defense. USAA means United Services Automobile Association and its affiliates. © 2017 USAA. 237857-0117-G



# NURSES

From  
Page 8

but [he] spends any free time [he may have] with patients: playing cards, chatting, or participating in their group activities like art and yoga. I have seen this nurse get even the most isolative and withdrawn patients to open up.

"Every single patient here benefits from the care [Gray] provides. However, in my opinion, the most extraordinary actions I've witnessed of this team member have come from time observing him in one-on-one status with patients...This nurse seems to be able to reach any patient...He treats every patient like they are a close family member or friend, and I truly believe this nurse has a gift and passion to serve [others]," the nominator added.

A patient's family nominated Jungerman for the March DAISY Award. The nomination stated: "On behalf of my husband and our entire family, we would like to recommend this nurse for the Daisy Award. It is impossible to summarize into words the excellence in overall care which this nurse provided to my husband, who was diagnosed with advanced cancer.

"While in the John P. Murtha Cancer Center, this nurse provided unsurpassed and impeccable quality professional care for him. In fact, the care was so impressive, we were all very quick to adopt this nurse as 'part of the family,' knowing that we could all feel more at ease with her there during the time we could not (be there). It was easy to see the true passion that this nurse has for nursing... when she entered the room, we could feel the kindness and the sincere interest she had for my husband's welfare."

The patient's family

member stated Jungerman "always took the time to thoroughly explain procedures, why they were being done and what to expect. She was attentive to our needs and questions, gentle with requests and always communicative. Not only did this nurse demonstrate a great compassion for him, but for our entire family."

Anyone, including patients, family members, colleagues, volunteers and visitors, can nominate a nursing team member for the DAISY Award at Walter Reed Bethesda. Nominations for the award can be submitted to any nurse or clerk on your ward or clinic, by e-mail to joan.loepkerduncan.civ@mail.mil. Nominations can be mailed to Joan Loepker-Duncan, WRNMMC, 8930 Brown Drive, Bldg. 9, Room 2894, Bethesda, Maryland 20889.

For additional information about the DAISY Award at Walter Reed Bethesda, contact Joan Loepker-Duncan at 301-319-4617.

# National Healthcare Decisions Day Nears

By Bernard S. Little  
WRNMMC Public Affairs

"Now is the time to think about later," said Paul Cauchon, a physician assistant at Walter Reed National Military Medical Center, in reference to people making advance medical directives regarding their health care, which is also the focus of National Healthcare Decisions Day.

This year, NHDD will be a week-long event from April 16 to 22, and WRNMMC's observance April 18 includes classes throughout the day focused on advance healthcare planning. People can call or email Amy O'Connor (301-319-4447 or amy.r.oconnor.civ@mail.mil) to sign up for classes. The classes will be offered at 8, 9 and 10 a.m., as well as noon, 1 and 2 p.m. There will also be an information table set up in the America Building (19) lobby April 18 from 8 a.m. to noon.

Amy O'Connor, of WRNMMC's Healthcare Resolutions Program, and Jerry Waddell, Palliative Care Program manager at WRNMMC,

explained NHDD is focused on educating people concerning their right and duty to actively participate in decisions made about their medical care. These decisions include having an advanced medical directive.

"We want to encourage our patients and staff to do their advance care planning," said O'Connor. She explained that WRNMMC offers the Five Wishes from a national non-profit organization, which includes helpful information about, "My Wish For: The Person I Want to Make Care Decisions for Me When I Can't; The Kind of Medical Treatment I Want or Don't Want; How Comfortable I Want to Be; How I Want People to Treat Me; [and] What I Want My Loved Ones to Know."

Waddell added, "The Five Wishes allows the patient to determine the kind of medical treatment they want or don't want, Waddell explained." The process of working through the Five Wishes Booklet encourages people to explore and writing down their treatment preferences.

Palliative care is transitioning from aggressive to comfort

care, Waddell explained. It involves an interdisciplinary team approach to include the biomedical, psychological and emotional, social and family, as well as the spiritual and existential support coinciding with the patient's existing medical care plan. This is why having an advance health-care plan is important, he added.

"People are in a better situation to make these important decisions prior to a life changing medical diagnosis," O'Connor offered. "Less than 30 percent of our seriously-ill patients have advance healthcare directives," Waddell added. "When they come in crisis, that's the worst time in the world to talk about goals of care," he continued. He said National Healthcare Decisions Day is an attempt to get people thinking about their wants and desires beforehand.

"You do it for your children. You do it with your mom. You do it as a family," said O'Connor about an advance health-care directive, which can also be known as living will, personal directive, advance directive, medical directive or advance decision.

## AMERICA'S HANDMADE MARKET!



250+ AMERICAN ARTISTS, LIVE!

- Exciting Demos
- Tasty Treats
- Shopping Fun
- Kids' Entertainment

DISCOUNT TICKETS, show info, exhibitor lists, directions and more at:

**SugarloafCrafts.com**

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

**SUGARLOAF CRAFTS FESTIVAL**  
Est. 1975

APRIL 21, 22, 23, 2017  
Montgomery Co. Fairgrounds  
Gaithersburg, MD • EXIT 11 OFF I-270  
Admission \$8 online, \$10 at the door - good all 3 days  
Children under 12 and parking are FREE  
Fri. & Sat. 10-6, Sun. 10-5

## Smith & Wesson SALE

April 21st & 22nd

**ATLANTIC GUNS**  
Est. 1950  
www.atlanticguns.com  
TWO LOCATIONS  
944 Bonifant St.  
Silver Spring, MD  
301.585.4448  
601. Hungerford Dr.  
Rockville, MD  
301.279.7983

ALL S&W FIREARMS ON SALE

	<b>M&amp;P 10 .308 Winchester</b> <b>From \$1434</b>
	<b>SW22 Victory</b> <b>From \$373</b>
	<b>M&amp;P 15-22</b> <b>From \$369</b>
	<b>M&amp;P Bodyguard .380</b> <b>From \$294 After Rebate</b>
	<b>M&amp;P Shield</b> <b>From \$299 After Rebate</b>
	<b>SD9 VE SD40 VE</b> <b>From \$313 After Rebate</b>
	<b>Model 686 .357 Magnum</b> <b>From \$736</b>
	<b>Model 500 .500 S&amp;W Magnum</b> <b>From \$1145</b>
	<b>M&amp;P Bodyguard w/laser</b> <b>\$449</b>
	<b>Model 29 .44 Magnum 'Dirty Harry' Classic</b> <b>From \$914</b>
	<b>M&amp;P M2.0</b> <b>From \$489</b>

**Meet S&W Factory Reps**  
**Win a S&W Door Prize**  
Some quantities are limited  
All Firearms Include a Maryland Approved Lock.



# Medical Center Escalators to Be Replaced

By Andrew Damstedt  
The Journal

The Medical Center escalators are set to undergo a 2.5 year replacement project.

Metro is waiting for state inspectors to approve the elevator for use, which has been undergoing an improvement project since May. Once the elevator is good to use, the escalator replacement project will begin, according to Richard Jordan, a Washington Metropolitan Area Transit Authority (WMATA) spokesman.

The three 35-year-old escalators at the Medical Center station will be replaced one a time and the station may be temporarily closed during certain service disruptions, according to WMATA information.

“The Medical Center escalators are 202 feet long and transport riders 101 feet from the station mezzanine to the entrance landing so their replacement is more complicated than an average escalator replacement and will require considerably more crane activity to remove the structures and major trusses that hold each of the escalators,” WMATA wrote on its Medical Center Entrance Escalator

Replacement page website.

The work for each escalator is estimated to take 38 weeks and work will only happen when the station is closed to customers and the adjacent escalators are not in service, which extends the project timeline to 2.5 years, according to WMATA information.

The nearby Bethesda station completed a similar escalator project March 22 as part of a \$151 million plan to replace 130 escalators in the Metro system. Since 2011, Metro has installed 67 new escalators and is also working to replace four escalators at the Friendship Heights metro station.

During the Medical Center project, Metro plans to have personnel continually monitor operations and make sure the station is not overcrowded and that escalators and elevators remain available to enter and exit.

The station, which opened Aug. 25, 1984, serves nearly 5,700 passengers on an average weekday.

Public transit commuters to Naval Support Activity Bethesda can stay informed of service disruptions or station closures by signing up for MetroAlerts at [wmata.com/metroalerts](http://wmata.com/metroalerts).



PHOTO BY ANDREW DAMSTEDT

Public transit commuters use the Medical Center escalators, which are set to undergo a 2.5 year replacement project. For more information visit: [www.wmata.com/service/status/details/medical-center-escalator-replacement.cfm](http://www.wmata.com/service/status/details/medical-center-escalator-replacement.cfm).

GARDEN CENTERLIFESTYLE BOUTIQUELANDSCAPE DESIGN | BUILD | MAINTAIN



TUESDAYS

\$20

HANGING BASKETS

AT RETAIL LOCATIONS

REG \$30

LANDSCAPE DESIGN | BUILD | MAINTAIN

CALL FOR APPOINTMENT

T 301.762.6301

RETAIL LOCATIONS

5258 RIVER ROAD

BETHESDA, MD 20816

T 301.656.3311

7405 RIVER ROAD

BETHESDA, MD 20817

T 301.469.7690

AMERICANPLANT.NET





# SOCIAL MEDIA

## NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

### DOWNLOAD OUR MOBILE APPS



Navy Life



NavyMWR NDW



NFAAS



Navy Fitness



## Morale Welfare & Recreation (MWR)



4/13 3-6 pm

Tax Relief Party at Below Deck Pub, NGIS lower level, bldg.64  
Free appetizer buffet!

4/15 11 am

Nationals Vs. Phillies Game \$50  
Register in Ticket and Travel Office (main hospital, bldg.2)

4/21 11 am-2 pm

Indian Luncheon at the Warrior Café- Featuring Chicken Biryani,  
Kolhapuri Mutton Masala, Chicken Tikka on Naan bread

4/22 8 am

Harper's Ferry White Water Rafting Trip \$45.00  
Register in Ticket and Travel Office (main hospital, bldg.2)

4/27 3:30 pm

Liberty Block Party BBQ-Bldg. 11, Liberty Center is hosting a BBQ Block  
Party open to all!

4/29 7 am Departs

Six Flags Great Adventure Trip \$46  
Register in Ticket and Travel Office (main hospital, bldg.2)

## Liberty Center Bldg. 11

Liberty patrons include WII, NMA, Geo-Bachelor, E1-E6 (\*Liberty Eligible Price)

**PH 301-319-8431**

4/14, 21, 28 5 pm  
Indoor Rock Climbing Course(3 sessions)  
FREE

4/15 11 am  
Nationals Vs. Phillies  
\$25\*

4/22 8 am  
Harper's Ferry White Water Rafting  
\$25\*

4/29 7 am  
Six Flags Trip  
\$23\*

## Saturday, May 13

## Freedomlivendw.com

MWR and Freedom Live Presents

Styx with special guest Eddie Money

General Admission FREE

Limited number of VIP tickets still available.

Ticket is required for entrance (including General Admission)

Open to all with base access.

# Classifieds

Call 301-645-0900

### Apartments Unfurnished

#### Equal Housing

All Real Estate advertised here-in is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



### Animals/Pets



9 weeks old AKC Miniature Schnauzer \$1600. Registered, comes dewormed, distemper, shots, hair cuts, nail trims, baths, toy, leash, food sample, tails docked, dewclaws removed, Vet checked with certificate. Only 1M/2F cash only. Call/text 443-684-0664

### General Merchandise

Water storage tank - 500 gallon. Free.  
734-546-7959

### Sporting Goods

Gun- Springfield rifle.  
\$100/best. 734-546-7959

Truck cap - 6x7 Leer. \$50.  
734-546-7959

### Power Boats

Dining room set. 734-546-7959

BUY SELL

RENT HIRE

TRADE SHOP

SWAP FIND

TO PLACE YOUR AD

CALL 301-645-0900

Sea doos - 2 with trailer. No title. \$300. 734-546-7959

**BUYSSELLRENTHIRE  
TRADESHOPSWAPFIND**

**SOUTHERN  
MARYLAND  
CLASSIFIED**


**TO PLACE YOUR AD CALL  
301-645-0900 TODAY!**



# Honor your roof with VALOR!

**NO MONEY DOWN!**  
payments as low as  
**\$72**  
a month

**Honor. Respect. Trust.**  
**Your Roof with VALOR.**

-  Lifetime warranty
-  GAF Certified
-  One Day Installation
-  Materials made locally in Baltimore

**CALL NOW FOR A  
FREE ESTIMATE**  
**240-654-0900**

**VALOR**  
**ROOFING**



Payment is based on approved financing amount of \$7,500 with 7.99% interest for 180 months through Service Finance LLC. Offer is based on our Economy Roofing system with GAF Royal Sovereign Shingles. Cannot be combined with any other offers.

MHIC# 130246